

FRAY'S GOLDEN RECIPES

FOR THE USE OF ALL AGES.

NEW EDITION.

A book that gives universal satisfaction for its
invaluable information in a concise form.

REVISED, CORRECTED, AND IMPROVED BY

FREDK FRAY,

47, DURHAM STREET, HULL, YORKSHIRE.

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[ENTERED AT STATIONERS' HALL.]

TO EACH POSSESSOR OF THIS BOOK, READ
THIS :

How blest is he, above all doubt,
That never puts himself about;
Thrice blest is she, above all doubt,
That never puts herself about.

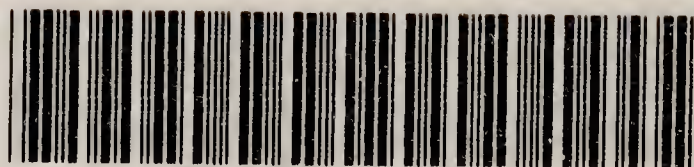
I am sure care is an enemy to life.

☞ For how often disorder, disease, and premature
death is the consequence.

Disease is an enemy to Mankind, and often
happens through neglect; yet *warned*, kill it by
some simple remedy as soon as discovered.

EDWIN FRAY.

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NOTE.

FRAY'S RECIPES was compiled and arranged by the late Mr. Edwin Fray; its widespread circulation and the favourable opinion expressed regarding it, has induced a revision and correction of the book, with the intention of making the information still more comprehensive and complete.

The alterations and additions are such as time has rendered necessary, and are on the original model of the book, making it one of the best of its kind, and its price within the reach of all. It has had a sale now exceeding 350,000, and thanks are due to many friends for their generous support and cordial welcome.

This edition is issued with the hope that it may meet with continued approval and give complete satisfaction to all.

FREDK. FRAY.

PREFACE.



THIS BOOK IS CONCERNING WHAT PROVIDENCE HAS PLACED WITHIN THE REACH OF EVERY ONE,

AND

THE READER WILL FIND NOTHING IN IT BUT WHAT EVERY HOUSEHOLDER WOULD WISH TO BE ACQUAINTED WITH, BOTH FOR HIS SAKE AND THE SAKE OF OTHERS.

IN IT WILL BE FOUND A PLAIN AND CONCISE ANSWER GIVEN TO EVERY SEEKER AFTER HEALTH, AND ARRANGED ALPHABETICALLY, SO THAT THE NEEDFUL RECIPE WILL BE FOUND TO ANSWER ALMOST ANY COMPLAINT AT A GLANCE.

NEVER CAN IT BE SUFFICIENTLY KNOWN THAT THE SIMPLEST REMEDIES MAKE THE MOST WONDERFUL CURES, AND ANY ONE, NOT A SCHOLAR, MAY LEARN THINGS OF LASTING VALUE NOT GENERALLY KNOWN FROM THIS BOOK, AND EVEN A SCHOLAR MAY LEARN FROM IT.

THE ANCIENTS REACHED GREAT AGES, AND EVEN MANY IN OUR DAY, ATTAIN THE SAME, BUT NEVER ENTERTAIN DRUGS, WELL KNOWING THAT NATURE WILL NOT BE TAMPERED WITH BY PHYSIC, FINDING SOME SIMPLE REMEDY WHEN REQUIRED ANSWERS THE BEST.

'Tis better to seek in fields for wealth unbought,
Than fee the doctor for a nauseous draught.

The belief in healing plants is old and widespread, and is not likely to be shaken. Their healing effects were known and shown long before any scientific explanation was attempted, and it is curious to note the gradual adoption of some of our English herbs by persons who have long sneered at simple remedies. Nature has provided under our very feet healing plants which may cure when medical science has failed. The cottagers' garden, roadside and hedge-rows furnish us with most valuable remedies. Blood root, agrimony, yellow dock, marshmallow, featherfew, burdock, and many others, all deserve more attention than they get. The increase of these simple home remedies will eventually, to a great extent, supersede the use of drugs.

AND SO TRULY REMARKED BY THAT VENERABLE FRIEND TO HUMANITY, JOHN WESLEY: "EVEN THE ANIMALS AND BIRDS CAN TEACH MAN BY SOME SIMPLE REMEDY IN THEIR WILD STATE TO CURE THEMSELVES, AND FOR THE SAKE OF THOSE DESIROUS TO PRESERVE THEIR HEALTH, OR RECOVER FROM SICKNESS, NOTHING WAS, OR EVER WILL BE, FOUND BETTER THAN SOME SIMPLE REMEDY."

FREDK. FRAY, 47, Durham Street, Hull, Yorks.

Price 6d., by post, seven stamps;

2s. 6d. half-doz., 3s. 6d. doz., Post free.

THIS IS THE RIGHT SORT OF USEFUL BOOK SUITED FOR EVERY HOME, AND EVERYONE.

A

A FRIEND TO EVERYONE.—LIME WATER.—So invaluable for all ages, is simply made from two ounces of builders' common unslacked lime to each quart of boiling water. On this, after standing all night, a scum will appear, which throw off, and decant the clear water for use. One table-spoonful to be taken in half a teacup of milk in a morning—ill or well—according to desire, which adds to health—and the best of health—even from an infant to an adult, or extreme age. Try it.

A MIXTURE of any kind of meats at meals is very injurious to health.

A WATER-CRESS poultice will soon heal any kind of sore.

A DRINK (a favourite one) for home use is made from 1 ounce of horehound, 1 ounce of burdock, 1 ounce of hops, 1 ounce of gentian, 5 ounces of ginger, 2 ounces of Spanish, to 5 gallons of water. Boil one hour, strain through a cloth, ferment 24 hours, then bottle. For every impurity of the blood, or to keep a person in sound health, no better drink could be offered. Each ingredient recommends itself.

ABSCCESS.—A flour and treacle poultice is a quick cure for either an abscess or a boil.

ACNE ON THE FACE.—Paint with a lotion of 2 drachms of soft soap, an ounce of rectified spirit, and an ounce of spirit of lavender.

AGE.—Old age in women sets in at 53, in men about the 60th year. At these particular ages of life, when symptoms of any kind appear, they cannot be too quickly attended to.

AGRIMONY.—Agrimony, used freely in the manner of tea, will cure an ulcerated mouth, and is good for liver and kidney complaints. 1 ounce to a pint of boiling water. Dose, a wine-glassful three times a day.

APPETITE.—Half-an-ounce of Peruvian bark to half-a-pint of boiling water, and, when cold, mixed with half-a-pint of port wine, is good to restore the appetite. Take a wine-glassful in the forenoon.

APPLES.—The free use of apples is a great assistant to brain work; children cannot use them too freely.

ASPARAGUS FOR THE LUNGS.—The frequent use of asparagus is strongly recommended in affection of the lungs and chest; it is a very wholesome and agreeable vegetable.

ASTHMA.—For difficulty in breathing, or asthma, live chiefly on boiled carrots or leeks for a month; or, drink a pint of new milk morning and evening. This has cured an inveterate asthma.

ARNICA.—For internal bruises nothing answers so well as tincture of arnica. 10 drops in a tablespoonful of water every three hours. It is also one of the best remedies for external bruises of all kinds, relieving the pain caused by blows, falls or other injuries. A

lotion made of 1 part of the tincture to 10 of water, apply immediately by well saturating a piece of lint and covering over with oiled silk to prevent evaporation. The sooner this is done after receiving the injury the more likely it is to do good.

B

BACK ACHE.—The plant, Golden Rod, used in the manner of tea, 1 ounce to a pint of water, is a simple remedy for back pains.

BAD LEGS.—A bad leg should be frequently washed in warm milk, and afterwards dusted with camphor dust, and a cure is the result; or, four ounces of mutton fat, taken from next the kidneys, melted and strained, and when cool mixed with one pennyworth of red precipitate, is one of the best remedies to use as an ointment for bad legs.

BAD LEGS, of long standing, may be washed in lime water and milk daily, and to drink lime water and milk same time, good results may be expected.

BALDNESS.—Rub the head night and morning with a decoction of boxwood. One ounce to a pint of water, boil for a quarter of an hour in a covered vessel, cool and strain, add an ounce and a half of Eau de Cologne or lavender water to make it keep.

BALDNESS.—A valuable stimulant to promote the growth of the hair is made as follows:—Eau de Cologne 2 ounces, tincture of cantharides 2 drachms, oil of rosemary 10 drops. To be rubbed on the bald part every night.

BARLEY (PEARL) is much healthier than oatmeal, and a more nourishing food.

BIOCYCLE RIDING is apt to breed *Fistulas*—a dear and most painful acquaintance.

BIOCYCLING.—In case of straining a muscle you will obtain most relief by rubbing the limb freely with a liniment composed of equal parts of spirits of wine, spirits of turpentine and white vinegar, with a fresh egg beaten up in the mixture. Shake the bottle well before using.

BILIOUS COLIC.—Drink warm lemonade; this has cured when judged to be at the point of death. Try it.

BILIOUS COMPLAINT.—Hot water drunk before breakfast is a good remedy for bilious complaint; or, bilious attacks are prevented by taking one tea-spoonful of black currant preserves before breakfast.

BLEEDING OF THE NOSE.—May generally be stopped by putting a plug of lint into the nostrils, or dip the lint in Friar's Balsam; in obstinate cases, the sudden shock of a cold key, or cold water cloths placed in the nape of the neck will often stop the bleeding instantly.

AN EFFECTUAL MEANS of stopping bleeding of the nose is to move the jaws up and down as if going through the process of mastication. If the patient is a child put some paper in his mouth and tell him to chew it thoroughly. This method is ridiculously simple, yet it has never been known to fail in the most aggravated cases.

BLOOD PURIFIER.—A **RECIPE INVALUABLE.**—The simplest and best blood purifier known is a sliced lemon, two table-spoonfuls of black currant preserves, and ten red sage leaves, to a quart of boiling water, sweetened to taste, which makes a most agreeable drink.

BLOOD SPITTING.—Spitting of blood is immediately stopped by drinking sage tea sweetened with honey.

BLOOD—TO RENEW.—The quickest renewer of the blood is to boil water cress ten minutes, and drink the water.

BLOOD ROOT.—A most useful plant, used as a wash for old ulcers, proud flesh, and polypus. 1 oz. of powder to a pint of boiling water ; use cold.

BLOOD POISON.—Blood poison seldom or never leaves the system entirely.

BOILS AND BLOTCHES.—The best remedy for a boil or break out is cream of tartar made into a drink, with fifteen drops of sweet nitre to each tea-cupful.

BOILS.—One or two table-spoonfuls of brewers' yeast taken daily is an old-fashioned, but useful remedy.

BOWELS, PAIN IN.—To relieve an attack of this complaint take a tea-spoonful of spirit of nutmeg, and a like quantity of syrup of ginger in water, and apply hot fomentations sprinkled with turpentine.

BOWELS PAINFUL.—Drinking hot port wine relieves pain in the bowels.

BOXING THE EARS.—Boxing the ears is often followed by inflammation, running, deafness or brain-disease.

BRONCHITIS (CHRONIC).—Chronic Bronchitis is greatly relieved by mixing one drachm of chlorodyne and one of steel. Take ten drops in a wine-glass of water twice a day.

BRONCHITIS.—Bronchitis is greatly relieved by drinking

very hot water sweetened with brown sugar candy, and not to sleep in the same underclothing worn during the day; or, a piece of wash-leather is good to wear constantly on the chest for bronchitis.

BRUSHES, TOWELS AND RAZORS.—Should the blood be poisoned through the use of these, immediately on discovery apply sulphate of zinc ointment.

BREAD AND HONEY taken for supper will induce sleep, and no better supper need be had.

BREATHING (DIFFICULT).—Those troubled with difficulty in breathing will find that a tea-spoonful of cod-liver oil taken night and morning will give them great relief. It is not generally known that the most perfect and delicate lace, or the fineness of the spider's web, cannot be compared to the network of the human lungs and the nerves that compose them.

BREATH, OFFENSIVE.—Half a tea-spoonful of powdered charcoal in a wine-glass of water three times a day, and a free use of fruit is invaluable; avoid cheese, pastry, strong tea, beer or spirits.

BREATH.—Bad breath is cured either by mint tea or the free use of strawberries; or, when caused by bad teeth, chew a piece of orris root. But cleanliness is the best remedy. Try rinsing the mouth with weak Condyl's fluid and water.

BRIGHT'S DISEASE.—Take a tea-spoonful of sweet spirits of nitre, and the same quantity of digitalis each night, and 20 drops of tincture of steel after breakfast. Eat meat sparingly.

BROOM TOPS.—There is no remedy so healthful to those

who suffer from heaviness of the limbs and tendency to dropsy as a decoction of fresh broom tops. Half an ounce of the tops should be boiled in a pint of water down to a gill. A wine-glassful every three hours.

BRUISE.—To prevent a bruise turning black, apply a treacle and brown paper plaister.

BUGS.—One very unbidden guest, and a terror by night, is the bed bug, too common and well known in this country; one sure remedy is washing the room floors with hot water, common soda, salt, and blue soap; bugs cannot exist in any crevice where turpentine is applied; or mercurial ointment placed in crevices is sure death.

BUNIONS (TO CURE).—Paint them night and morning with tincture of iodine.

BURDOCK.—The value of this plant cannot be too much known for its direct action on the blood, whether for scurvy, skin eruptions, leprosy, scrofula, venereal, ulcers, kidney disease, convulsions, fits, &c. It is invaluable. Two ounces to be used to three pints of water. This simmer down to two pints; take a gill three times a day.

BURNS.—If anyone who is burned will immediately apply a coating of common varnish to the injured parts it will allay the pain almost instantly, and will heal without scar. The important thing in treating a burn is to keep it from air.

BURNS.—Flour and cold water will cure a burn instantaneously, whether large or small. Renew the same again and again.

BURNS.—Cold water and oatmeal used as a poultice cures a scald or burn immediately.

BUTCHERS' MEAT (UNDER-COOKED). Under-cooked butchers' meat putrifies in the bowels, corrupts the blood, and shortens life; under-cooked pork is a breeder of tape-worms.

BUTTERMILK is useful in all cases where a milk cure is indicated, and is particularly to be recommended in consumption and kidney complaints.

C

CANCER.—Mental worry is one of the chief causes of cancer.

CANCERS.—A RECIPE WORTH A FORTUNE.—In ten cases of cancer this simple remedy has failed in none. Red clover tops are to be used in the manner of tea. This unpretentious plant cannot be urged on the public too strongly for its wonderful power and direct action over a cancer or for any cutaneous affection. The writer of this prescription says:—"Fifteen cases of cancer that my brother physicians have abandoned as incurable I have cured with the wonderful remedy red clover tops." All that is required is to make tea of it. 1 ounce to a pint of boiling water, and drink freely during the day; wet a cloth with the tea and apply to the cancerous sore.

CARROT POULTICE.—A carrot finely grated and made into a poultice is good for a cancer or ulcer, which both lessens the pain and diminishes the smell.

CASTOR OIL is the best foundation for hair oil.

CASTOR OIL (TASTELESS).—Castor oil when taken in meal and water is tasteless.

CATS.—When a favourite cat requires medicine, simply dip its foot in castor oil, which it is sure to lick.

CAYENNE.—ITS PROPERTIES WORTH BETTER ACQUAINTANCE.—Cayenne is the purest and strongest stimulant, and comes nearest to an universal remedy for almost any complaint, from the fact that it quickens the vital force to throw off any disease. It is prepared by pouring a small cup full of boiling water on a quarter of a tea-spoonful of the pepper, letting it stand for twenty minutes, then pour off from the grounds into another cup.

CENTAURY HERB.—Is an excellent general tonic, used extensively in jaundice, chronic liver complaint, and combined with agrimony and colombo root invaluable for indigestion.

CHANGE OF LIFE.—On change of life take a little electuary of senna occasionally. Try it.

CHAPPED HANDS. For chapped hands, wash them with a mixture of bran and milk, or potato water.

CHERRIES AND MAGGOTS.—A maggot is often found near the stone. The eggs are hatched in the blossom by winged insects.

CHILBLAINS.—If not broken, rub them often with flower of mustard and brandy; if broken, wash them with tincture of myrrh and a little water.

CHILBLAINS.—Put the hands and feet once a week in hot water in which two or three handfuls of common salt has been dissolved, if the skin is broken apply marshmallow ointment.

CHOLERA.—Should the cholera show itself in the district, to prevent its attack take a tea-spoonful of cinnamon in hot water frequently; or, this simple remedy for cholera has never been known to fail—first, give the patient hot water to cause vomiting, which cleanses the stomach; next, toast an oatcake, and put it in a pint of boiling water and drink freely.

CHOLERA MIXTURE.—An excellent remedy to keep in the house in summer time for colic, diarrhoea, dysentery, &c. Equal parts of tincture of cayenne pepper, tincture of opium, tincture of rhubarb, essence of peppermint and spirits of camphor. Mix well. Dose 15 to 30 drops in a little cold water, according to age and violence of symptoms; repeated every 15 or 20 minutes until relief is obtained.

CLOVES will stay a craving for drink, which use according to desire.

COCKROACHES.—Cockroaches are fond of sugar and flour. Mix these two with red lead and make into wafers, and lay them in their haunts; or, equal parts of plaster of Paris and flour in a dry state laid about the kitchen in plates over night, will soon free the kitchen of this pest.

COLDS ON THE CHEST.—In the treatment of ordinary colds few remedies are more efficacious than turpentine. It should be mixed with lard and sweet oil in equal proportions and spread upon flannel that has been dipped in very hot water; it should then be placed on the patient's chest in the form of a plaster.

COLIC.—There is always the remote possibility of serious mischief lying behind an attack of colic, and it should never be neglected. To avoid such mischief whenever an attack is imminent take a draught

composed of an ounce of castor oil, two table-spoonfuls of tincture of rhubarb, ten drops of chlorodyne and two ounces of cinnamon water.

COMPOSITION ESSENCE, if used by out-door workers, or factory or foundry hands before going to work, would prevent thousands from having colds or sickness through exposure to cold morning air. Mix one tea-spoonful to a glass of hot water and milk, this drink before setting out. Travellers using it before or on their journeys will find it invaluable as a stimulant. Children half quantity.

COMPOSITION POWDER.—To make: bayberry bark, 4 oz., ginger, 2 oz., cayenne, 2 drams, and cloves, 2 drams; all finely powdered and well mixed.

CONSUMPTION or wasting of the body is rightly called the scourge of England, as it is estimated to claim seventy to eighty thousand victims annually.

CONSUMPTION.—NEVER DESPAIR.—Consumptive persons will derive great benefit by the free use of mullen leaves, one ounce to a pint of boiling water; when cold, strain, and add one table-spoonful of rum to preserve it; take a wine-glassful three times a day, which both rectifies and makes new blood; or new buttermilk cannot be too freely used for consumption, fevers, scurvy, ulcers of the kidneys, or constipation; or (if not too far advanced) consumption may be arrested by the free use of lemons, ground ivy, the lesser centaury and camomile flowers in equal quantities, made in the manner of tea in a quart of boiling water; if drunk freely it will rectify the blood and strengthen the stomach. Sea air is unfavourable for consumption. The free use of watercress will cure a deep decline. We hardly

know the value of black currants, for an eminent physician cured one patient of consumption with this fruit alone.

COMPLAINTS OF ANY SORT.—Vinegar, mixed with honey, with a pinch of mustard in it, and taken freely, stops any complaint from advancing. For any complaint a mixture of bread crumbs, mustard and vinegar is good to use inwardly.

CORNS.—Hot dry feet and a hard skin produce abundance of corns.

CORNS.—Acetic acid applied with a camel hair brush after paring will often cause corns to disappear, never to return.

CORNS.—For a troublesome corn, rub it now and again with spirits of turpentine and it will soon depart company; or, corns are speedily cured by first paring, then bind a slice of lemon over them. Tried with good effects.

CORPSE.—The smell from a corpse is prevented by placing fresh-ground coffee in the chamber.

COSTIVE PERSONS.—Stewed prunes are invaluable to those of costive habits, which act as a gentle medicine.

COLT'S-FOOT is used as tea for giddiness, and as a smoking herb.

COUGHS OR COLDS.—MOST USEFUL TO REFER TO.—Half a drachm of carminate of ammonia, one ounce of syrup of tolu, a quarter of an ounce of spirits of nitre, half a drachm of laudanum, and six ounces of water; take one table-spoonful three times a day. This cures any sort of cold. Or, severe colds are cured with the herb yarrow, which bears a white and pink flower—

the pink should be chosen ; use it in the manner of tea, sweetened with treacle, and drink it freely on going to bed. Tickling coughs are quickly cured with one ounce of honey and one tea-spoonful of paregoric, mixed with the juice of a lemon, and taken going to bed.

COUGH (DRY).—Chew a little peruvian bark when troublesome, and drink hot water, sweetened with brown candy.

CRICKETS.—Crickets are very fond of carrots, which if mixed with red lead, poisons them.

CROUP, to which children are very subject is dangerous. The best remedy is a tea-spoonful of ipecacuanha wine every five minutes until sickness is produced ; or, a tea-spoonful of goose grease three times a day.

CRITICAL DAYS.—The most critical day to terminate a severe sickness is every seventh day.

CRAMP.—Cramp in bed is prevented by placing a roll of brimstone under the pillow, or hold a little flour of sulphur in the hand.

CUTS.—A bruised geranium leaf applied to a cut quickly heals it ; or, powdered rice sprinkled on a cut or wound stops bleeding at once ; or, for a cut that festers apply turpentine.

D

DANDELION.—Dandelion often proves of service when other remedies fail in removing obstinate obstructions or hardness of the liver, no herb acts on a sluggish liver with better effect.

DANDRIFT is a disease of the scalp, for which a solution of borax is a very good remedy—used as a wash.

DANGERS OF DEFECTIVE DRAINAGE.—If rats can escape from a drain into the house, it is evident that drain air to an enormous extent can do the same. Such warning as these unwelcome visitors give should be immediately attended to. The vapours from these drains rise at once up the staircase, and bring on diphtheria, typhoid fevers, low fevers, diarrhoea, erysipelas, headaches, and all manner of disease, simply because the gasses are being constantly inhaled by the inmates day and night, and when severe sickness sets in the discovery is perhaps too late. No drain should be under a house or near its foundation.

DATES used in rice puddings cannot be too highly recommended.

DEAFNESS.—Deafness, if to be cured at all, is by equal parts of the oil of cloves, the juice from the foxglove flower, and rum, dropped on a little cotton, and placed in the ears; or, syringe with hot water, and a little carbonate of soda is also a good remedy.

DEATHS.—When a cold dew falls on the skin of an invalid it is a sign that death is near.

DELICATE PEOPLE.—Delicate people should have those who sleep with them perfectly healthy, and used to plenty of cold water, both inwardly and outwardly.

DESPONDENCY.—The best comforter for a depressed or desponding mind is equal parts of agrimony and rosemary, made and used in the manner of tea.

DIABETES.—Diabetes has been traced to the free use of inferior tea.

DIABETES.—Avoid sugar, and all food containing sugar, also much drink of any kind, and prepare the following:—Peruvian bark, Colomba root, summach berries, and the plant known as queen of the meadows, one ounce of each; boil in three pints of water, down to one quart, and take a wine-glassful four times a day.

DIARRHŒA.—Raspberry leaf tea is one of the best remedies for diarrhœa; or, flower and water as used in the army. Simple and certain.

DIFFICULT CASES TO CURE.—A good nurse is of the utmost importance, and far more to be recommended than physic.

DIGESTION.—Nutmeg is a most excellent spice to assist digestion. A little Turkey rhubarb chewed in the forenoon is good for indigestion.

DIM SIGHT.—Strong tea dims the sight. The true sign of good health is in a sparkling eye.

DIM SIGHT.—Try Gregory's powder, a mild aperient dose, from 1 scruple to $\frac{1}{2}$ dram; or, if very dim, apply rotten apples and good results will follow.

DIPHTHERIA.—Diphtheria is cured by drinking the best olive oil freely.

DISINFECTANT.—The most powerful disinfectant to clear a house from sickness is fresh ground coffee, which even overpowers musk.

DIZZINESS.—For dizziness in the head drink sage tea sweetened to taste.

DISORDERED STOMACH.—The simplest remedy is salt and water.

DOCK OINTMENT.—A favourite country remedy of great value in the treatment of skin diseases. Clean and bruise half-a-pound of common yellow dock root, simmer for two hours in three gills of water, strain and evaporate to half a tea-cupful. Add gradually six ounces of prepared lard and an ounce of yellow wax, which have been previously melted together. Stir the whole till cold, and apply freely.

DOGS.—The dog is the friend of man, and has a right to be considered as such. He has an expression in the eye that can be found in no other but the human being; like man he can look grave or show delight, his power to plead is by a strangely expressive glance, his power of love shows itself in delight.

DOGS, TO KEEP IN HEALTH.—Place a piece of common brimstone stick in their drinking water, and on selecting a dog to rear, when the pups are about five or six weeks' old bring them in your presence, and suddenly stamp your foot, and the one that does not run away but holds up its tail is the one to rear.

DOGS' NUISANCE.—Sprinkle a little sulphur around goods exposed at the shop door. Tried with good effect.

DRINK.—The use of cloves stay the craving for drink. Those using the least drink of any description are the most nourished. One of the latest treatments for obesity or stoutness is to abstain as much as possible from liquids of all kinds.

DROPSY.—Avoid chills, live largely upon milk and soda. Red meats only once or twice a week, and take

a tea-spoonful of syrup of squills in an ounce of decoction of broom tops three times a day.

DROPSY.—Dropsy, if to be cured at all, is cured by foxglove and broom in small quantities. One ounce of broom, and a quarter of an ounce of foxglove to a pint of boiling water. A table-spoonful three times a day.

DROPSY.—A decoction of the inside bark of the elm, drunk freely, takes away water in dropsy.

DYSPEPSIA.—Dyspepsia may be cured by the free use of oysters.

E

EAR-ACHE.—Rub the ear well with a dry flannel.

EAR-ACHE.—The ear should be bathed with a strong decoction of camomile flowers and poppy-heads, as warm as it can be borne.

ECZEMA is one of the most difficult skin diseases to cure, but by applying and persevering with the following it will be found to have a wonderful effect over this most obstinate complaint. Wash with plain soap and paint with glycerine of carbolic acid, wash off in from five to fifteen minutes and apply vaseline.

EGGS.—A new laid egg beaten with vinegar and pepper is superior to an oyster.

EGGS.—Two eggs are equal to half-a-pound of beefsteak.

EIGHT HOURS.—It is certain that in most laborious occupations to work longer than eight hours a day

is injurious. Beyond it the daily wear and tear of nerve and muscle is never fully restored. Besides, a man is and should be looked upon as something more than a machine.

EPILEPSY.—Take 1 ounce each of mistletoe, valerian root, pellitory, and black horehound, boil in 3 pints of water, clear off, and when cold, add 1 ounce of tincture of scullcap. Dose—a wine-glassful four times a day. Used with good effect.

ERYSIPELAS.—Erysipelas is a well-known dangerous complaint, which may be cured by two sprigs of wormwood, a quarter of an ounce of senna, and a quarter of an ounce of camomile flowers to a pint of boiling water, and drink freely. Tried with speedy relief. Erysipelas is very infectious.

Even the **APPLE**, as an article of diet, cannot be praised too much for its phosphorous qualities, it so soon acts on the brain, as well as the spinal cord and a sluggish liver.

EXCITEMENT.—The common meadow plant, Ladies' Slipper, used as tea, is good for spasms, hysteria, cramps, nervous headache, fits, neuralgia, hypochondria, fevers, colic, debility, &c., and, wherever it is required to quiet the nervous system, is safer than opium and will act where opium fails. One ounce to a pint of boiling water.

EXERCISE.—Exercise in the open air is of the first importance to the human frame.

EXERCISE, first, should always be on an empty stomach.

EYES SORE.—Any sore eye, pearl, or cataract, may be

cured by this mixture: One table-spoonful of bay salt, one table-spoonful of white candy, three of common white salt, one of sulphate of zinc, all to be boiled in three pints of water down to a quart. When cold, bottle without stirring. Put a drop in a corner of the eye night and morning with a camel-hair brush; or for sore eyes, drink eye bright tea, and wash the eyes with it. Two drops of vinegar to half a tea-cupful of cold water, is good used as a bath to strengthen weak eyes.

EYE (BLACK).—Hyssop, used as a bath, acts as a speedy cure. Or, to get rid of it quickly, apply a poultice made of equal parts of black bryony and bread crumbs. This poultice gives a good deal of pain, but causes rapid absorption. Do not use it if the skin is broken, but apply marshmallow ointment.

EYES INFLAMED.—For inflammation in the eyes bathe them in boiled milk, with a white poppy in it.

EYE (STY).—Poultices and hot fomentations multiply stys and boils. Take a table-spoonful of brewers' barm three times a day, and apply to the eyelid an ointment of 3 oz. of lard and 1 oz. of white wax, melt together, then add $\frac{1}{2}$ oz. of nitric oxide of mercury in very fine powder, stirring all the time. It is an excellent remedy.

EYES WATERY.—For watery eyes, dissolve ten grains of sulphate of zinc in five ounces of water, and bathe the eyes with it night and morning.

EYES WEAK.—For weak eyes bathe them in cold water with a few drops of vinegar in it.

F

FATIGUE.—On feeling very tired, warm the soles of the feet well before the fire, which gives instant relief. Try it.

FEET—TO WASH.—The neglect of washing the feet is often visited by a quarrelsome temper, and other bodily complaints.

FEMALE COMPLAINTS.—Steel, quinine, and pennyroyal pills answer for irregularities, hysteria, headache, costiveness, loss of appetite, pains, lassitude, &c.

FEVERS.—On attending fever cases, or any sick person, wash the mouth, nostrils, and hands, with vinegar on leaving the sick room.

FEVERS.—To burn rosemary in the rooms clears fever away; yet, if there be a spider's web in the house, *the fever will linger in it.*

FEVERS.—*Scarlet Fever and Scarlatina.*—This is one of the most infectious of diseases, and is very *catching* when it has once entered a house. In the worst stage place a few tamarinds in boiling water, to be drunk moderately cold, which acts as a powerful cleanser, even in putrid fever cases. The drink is delightful to persons parched under heat.

FISTULAS, so painful, which to save the knife operation, use Epsom salts and vegetable food freely; wash mussel shells, these burn to powder, sift them **very** fine, and mix with lard spread on a wash leather, this apply night and morning, which, if persevered with, has cured the worst cases.

FITS.—Those subject to fainting or other fits should use plenty of salt and water inwardly and outwardly; or, they will find great benefit by placing the feet in hot water, up to the ankles.

FLANNEL.—*Old and young* should wear *flannel* next to the skin.

FLEAS.—Fleas in bedrooms are banished by using a little ammonia in the water on washing the room floors; or, where the chamber is swept and wormwood seed strewn no flea, for its life, dare abide in the room. Try either with good effect.

FLIES.—The house fly, flying gaily about, or gracefully brushing its wings with its taper feet, and tasting from every cup, was, but the other day, a disgusting grub, without wings, without legs, without eyes, wallowing, well pleased, in the midst of a mass of excrement. A simple fly will produce 2000 eggs.

FLIES.—Flies disappear by placing a plate in the rooms with a mixture of cream, pepper and sugar on it; or spread a little Venice turpentine on paper, which will soon be covered.

FLIES.—Flies disappear by placing a plate in the rooms with a mixture in the following proportion on it. Infusion of quassia chips, half a pint; brown sugar, 2 oz.; ground black pepper, 2 oz.

FLOWERS OF SULPHUR, applied to a rheumatic joint on flannel, charges the body with negative electricity, and often affords great relief. The joint should be first exposed to a warm fire.

FOOD taken in too great quantity brings on various stomach and many other complaints, and all the symptoms of premature old age.

FOXGLOVE PROPERTIES.—INVALUABLE.—Foxglove is such an active medicine that it will cure when all other remedies fail, and will completely restore beyond expectation (when the patient is not past cure); in the most hopeless case it will prolong life, and when death takes place whilst under its influence, it is often without pain or struggle. Not more than half a tea-spoonful of the dried leaf rubbed to powder to be used in one day, to half a pint of boiling water.

FRIARS BALSAM.—No one should be without a small supply of Friars balsam. Lint soaked in it makes an excellent dressing for fractures and wounds, leading to rapid and satisfactory healing. Half an ounce of it to half-pint of rose water makes an excellent cosmetic for the removal of freckles or slight eruptions on the face.

FRECKLES.—A simple remedy for removing freckles is to put one ounce of alum, and the same of lemon juice, in a pint of rosewater, apply at night. Buttermilk is also an excellent lotion.

FRUIT SALT.—(so extensively advertised) is made from Rochelle salts 3 ounces, tartartic acid 24 ounces, bi-carbonate soda 30 ounces, sugar 80 ounces, all dried separately, and to be well mixed. This is very good to use by those subject to pimples, blotches on the face, sallowness of the skin and depression of spirits. Take one tea-spoonful to a cup of hot water three times a day.

FULLER'S EARTH is good for chaffings or sores, or as a poultice for inflamed eyes.

G

GALL STONES may be treated successfully with olive oil. A tea-spoonful after every meal.

GATHERINGS.—When a gathering threatens on a finger, &c., dip it in scalding water, which kills the germ.

GARTERS.—It is a matter of no small importance to dispense with garters, which prevents free circulation, and accumulates the blood towards the head, which should go to the feet.

GINGER.—Ginger needs no recommendation, as a stimulant in dyspepsia, wind, debility, and for all stomach complaints it is invaluable.

GOITRE.—Goitre or swelling of the neck has been cured by taking daily 15 bruised nettle seeds.

GOUT.—For gout bind ash leaves on the afflicted part.

GOUT.—Hot coffee and milk taken at night is good to relieve either gout or rheumatics.

GRAVEL.—For gravel, drink freely of agrimony tea, sweetened with sugar candy; or a little garlic extract, taken in brandy, is a cure for gravel; or take a tea-spoonful of magnesia three times a day.

GRAVEL.—No acids or spirits allowed, neither high living; milk diet attend to, and try eating fresh radishes and yellow turnips.

GROCERS' ITCH.—Grocers' itch is caused by a small insect from handling sugar; out of 26 samples of brown moist sugar the insect was present in the whole of the samples in great numbers. Scrub the hands with a brush and soft soap, and apply sulphur ointment.

GRUB IN NUTS.—The grub found in nuts becomes the great humming beetle.

GUMBOIL.—Foment with camomiles, and apply a camomile poultice. A roasted fig hastens the maturation of a gumboil.

GUM MYRRH.—**INVALUABLE.**—Gum Myrrh is one of the very best agents for preventing or arresting corruption, hence invaluable in healing inflammations, sores, wounds, gangrene, ulcers, &c., a small quantity of the powdered gum to be dusted on the part every time they are dressed. The tincture of myrrh is good for sores of any kind, and slightly diluted with water is one of the best washes for a sore mouth.

H

HAIR.—If falling off, apply the lotion made from vinegar of cantharides half-an-ounce, Eau de Cologne 1 ounce, rose water 1 ounce; first well brush the hair. Vaseline ointment is also a good restorative.

HAIR FALLING OFF.—Anxiety will cause the hair to fall off. When the hair falls off, damp it frequently with sage tea; or 1 oz. each of rosemary, boxwood and marshmallows to a quart of boiling water, and when cold used as a bath, prevents the hair from falling off, and good to cure baldness.

HAIR TO PRESERVE.—Rum applied to the hair keeps it exceedingly clean, and promotes its growth more than oil or anything known.

HAIR AND DANDRIF.—To free the hair from dandriff, wash the head with hot water and a little borax in it occasionally.

HAIR DYE.—The simplest hair dye is the shells of green walnuts boiled in as much water as will cover them,

strain off and apply to the hair, and hair only, and a beautiful brown or auburn is the result.

HAIR TO DESTROY.—Mix in the following proportion sulphide of barium (not sulphate) 3 oz., white starch $2\frac{1}{2}$ oz., oxide of zinc $2\frac{1}{2}$ oz. Make into a thin paste with water and apply to the growth of hair with an ivory or other suitable pencil. Allow to remain on about ten minutes, then wash off with water, and apply cold cream.

HARDY.—To become hardy, gradually accustom yourself to less clothing.

HEAD ACHE.—Head ache and stomach complaints—often complained of—mix one drachm of sweet nitre, one drachm of sal volatile, and two drachms of carbonate soda, in a tea-cupful of cold water; two table-spoonfuls to be taken three times a day.

HEAD ACHE.—One thimbleful of whisky rubbed sharply in the hands and held to the nose, cures head ache at once. Tried, and sure relief follows.

HEAD ACHE.—Nutmeg answers for violent head ache; to be used in a little hot water. Why suffer?

HEAD ACHE (SEVERE), is often cured by grains of paradise, used as snuff.

HEAD CLEAR.—The smaller the drink of any kind, the clearer the head and the cooler the blood.

HEALTH TO ENJOY.—A VERY USEFUL RECIPE.—One table-spoonful of lime-water taken in a little milk in a morning keeps a person in good health; or to look well and keep well, simply boil one pennyworth of watercress ten minutes in one pint of water, the

water to be drunk in milk in equal parts; to each tea-cupful add one table-spoonful of lime water, and the best of health is the result; use it freely and at any time; the cost is a mere trifle. This entirely dispenses with all sorts of 2s. 6d. Blood Mixture bottles, for everyone knows the value of the watercress, and most people know the value of lime water, and all know the properties of milk.

HERBS.—What costs little is little esteemed. Healing plants are all worth more attention than they get. They have never lost their virtue but have been despised and neglected. The day of the herbalist will return when he learns the art of preparing them in a neat and attractive manner. It has been well said, herbs are the only true medicines of nature.

HERBS TO GATHER.—All herbs should be gathered when in flower; barks in the spring.

HEART BEATING.—Take eight drops of oil of carraway on a little lump of sugar.

HEART DISEASE.—Heart disease is greatly relieved by taking a table-spoonful of whisky in a little milk.

HEART DISEASE.—Avoid steps or stairs as much as possible. One tea-spoonful of sal-volatile, taken in a wine-glass of water, is a most excellent remedy.

HEARTBURN is a gastric disorder, which causes palpitation of the heart. Half a tea-spoonful of bi-carbonate of soda in water is a simple and effectual remedy.

HENS fed on corn crushed and soaked in water have been known to lay during the whole of the winter months. This food not only goes further, but helps digestion.

HERBS.—Directions how to use. Herbs are generally prepared as a tea, 1 oz. to a pint of boiling water infused for about 20 minutes; a wine-glassful to be taken 3 or 4 times a day. Roots may be boiled or stewed in an earthenware pitcher, usually 1 oz. to a quart of water, simmered down to a pint. Powders are prepared by stirring the requisite quantity into a cup of hot water, and drunk off when cooled, or the tea poured off from the powder and sweetened to taste.

HICCUP.—Hiccup is speedily cured by placing the fingers in the ears whilst drinking freely of cold water, or take a pinch of snuff.

HICCOUGH (OBSTINATE).—To cure, make free use of lemon juice.

HIERA PICRA, is composed of one part of wild cinnamon to four parts of aloes, and is an excellent remedy for the many troubles of women who are approaching middle life. Dose from 10 to 20 grains.

HOARSENESS.—Take a fresh egg, beat it, and thicken it with pulverized sugar. Take freely.

HOARSENESS.—Hoarseness is speedily cured by placing a piece of sugar candy in the mouth on going to bed.

HOPS AND CARRAWAY SEEDS, used in the manner of tea, are good for the appetite.

HOP BITTERS.—The great expense in buying hop bitters is avoided and equalled by mixing one ounce of tincture of dandelion, 1 oz. of tincture of gentian root, 1 oz. of tincture of buchu root, and 1 oz. of

tincture of hops to three pints of boiling water, when cold take a table-spoonful night and morning.

HOP DRINK.—Hop drink gives a cheerful mind, rich blood, and good digestion. Choose the gold colour.

HOPS.—**INVALUABLE.**—Less medicine would be used if the value of hops were more known. Use a quarter of an ounce to a pint of boiling water, and all the better with a tea-spoonful of Epsom salts in it; take a wine-glassful in the morning, which will not only restore, but will keep anyone in the best of health at little expense.

HORSES, to have velvet coat, should have a little sun-flower seed given in their provender daily, or a pinch or two of saltpetre.

HOT WATER is a medicine within the reach of everyone, and if taken with a little salt in it is one of the best gargles for catarrhal troubles, and if taken at the beginning of a cold will break it up; used as a gargle for a sore throat no better remedy need be which stays inflammation; when the stomach is out of order, hot water will soon set it right again, such simple cures are neither far to seek, nor ill to find. Half a tea-cupful as hot as can be drunk comfortably taken half-an-hour before every meal is a great preventive for indigestion; or, if used with the food, will assist the stomach to do its work well. It is good for constipation if the use of it is followed up for a few months, works wonders with the most delicate constitutions. Use hot water and lemons for a bilious liver.

HYSTERIC FITS.—The smell of spirits of hartshorn is good for those subject to hysteric fits or a drowsy feeling.

I

IMPURE BLOOD.—For all impurities of the blood, the hop used as tea cannot be too highly recommended.

INDIGESTION.—People very commonly complain of indigestion; how can it be wondered at when they seem by their habit of swallowing their food wholesale to forget for what purpose they were provided with teeth.

INDIGESTION.—Indigestion is a breeder of disease, but may be cured by mixing one drachm of powdered colomba root, one drachm of ground ginger, and half a drachm of carbonate of soda; this divide into twelve powders, and take one in a little milk three times a day; or, one ounce of colomba root to a pint of boiling water is a most excellent and cheap remedy for indigestion. Take a wine-glassful three times a day. Tried with every satisfaction.

For **INDIGESTION**, rise early and eat a crust of bread about the size of your thumb.

INFECTION first attacks the stomach. Remember whilst in a sick room do not swallow your spittle, if a case of fever; on retiring wash hands in a little vinegar and water.

INFLAMMATIONS.—Clothes wrung out in very hot water and applied to the neck, changed as often as they begin to cool, is the best for removing inflammation ever tried.

INFLUENZA runs its course in five or eight days. Diet: beef tea, with raw eggs and milk, answers better than medicine.

INFLUENZA.—Take ten drops of elixir of vitriol in a little water twice a day.

INSECTS AND FOREIGN BODIES IN THE EAR.—Frequently a fly or other insect finds its way into the ear and causes great pain. A drop or two of sweet oil, olive oil, or even thick molasses will smother almost any insect, when it may be washed out of the ear with warm water.

It may be satisfactory to know, that in situations distant from the shore, where the sea water cannot be had, artificial sea water can be made by dissolving four pounds of bay salt in 16 gallons of fresh water. which possesses all the properties of water of the sea.

INTOXICATION.—Half a tea-spoonful each of chloride of ammonia and celerina in a goblet of water, will almost immediately restore the faculties and powers of locomotion to a man who is helplessly intoxicated.

INVALID'S FOOD.—READ THIS.—Slippery elm is invaluable food for invalids or delicate persons—good for inward or outward application for any complaint; as one physician truly said, it is worth its weight in gold. Some families feed their infants with it, and finer infants need not be sought. Simply mix one tea-spoonful of elm with one tea-spoonful of sugar, add a little milk to make it into a smooth paste, then add hot water, stirring it quickly, till it becomes a proper consistency.

IVY LEAF.—Its properties are to heal; the under side draws, the top side heals any old sore.

IVY.—GROUND IVY HERB.—A favourite popular remedy used in coughs, sore throat, and for promoting

expectoration. Pick and wash twelve sound leaves, add a pint of cold water with a tea-spoonful of ground liquorice, boil, and strain off. A wine glassful twice a day.

J

JAUNDICE.—For jaundice, a quarter-pound of Venice soap, made into moderate sized pills with eighteen drops of the oil of aniseed ; three of these pills to be taken night and morning.

JAUNDICE.—A sudden mental shock will cause jaundice.

JUNIPER used as tea in a weak form is good for urinary diseases, and is an excellent remedy in various forms of dropsy.

K

KIDNEY DISORDER.—Take red meats very sparingly, live principally upon fish and fresh green vegetables, drink equal parts of lime water and pearl barley water, take a tea-cupful three times a day ; or, lemon water mixed with salts is good for diseased kidneys. Take a wine-glassful in a morning.

KIDNEY COMPLAINT (CHRONIC).—In many cases buttermilk is by far the best remedy and should almost displace all other drinks.

KIDNEY—STONE IN THE.—When there is much pain take from five to fifteen drops of tincture of henbane in a little water three times a day. Live chiefly on milk and soda.

I

LADIES SLIPPER.—Is a good nervine, it may be used freely in all nervous diseases, sick headache, delirium tremens. Dose, pour three gills of boiling water on an ounce of powder, let it clear, take a wine-glassful three times a day.

LAMPS.—To prevent the smoking of a lamp, soak the wick in strong vinegar, and dry it well before using, it will then burn both sweet and pleasant.

LEMONS INVALUABLE.—If the value of lemons was more known they would be worth a sovereign each. Lemons are invaluable for all ages, and may be preserved all the year round if kept in buttermilk, changed once a month.

LETTUCE is not only cooling to the system, but produces sleep especially if the stalk is eaten.

LIME WATER INVALUABLE. — WORTH KNOWING.—Lime water and milk. Experience proves that lime water and milk are not only food and medicine at an early period of life, but also at a later, when digestion is feeble, and the stomach unfit for its duties, as is shown by the various symptoms attending indigestion. The stomach will resume work, and do it well, simply on a diet of bread and milk and lime water. A bowl of milk may have four table-spoonfuls of lime water added to it with good effect.

LIME WATER, Hop Tea, Black-currant Tea, with Lemon, used in equal parts, is good in any case; for even each one, used separately, adds to the best of health.

LIVER.—The liver is the largest gland in the human body, and holds a most important place in our system, and owing to its large size, and the important functions it has to perform, it is extremely liable to disease, and when disordered exerts a marked influence on other organs or tissues of the body.

LIVER SLUGGISH.—Equal parts of hops and dandelion tea is a cure for sluggish liver; or, the free use of agrimony strengthens a sluggish liver, to be used as tea. 1 oz. to a pint of boiling water.

LIVER ENLARGED.—Enlargement of the liver is dangerous. If the disease is severe the diet should be of the simplest; drink nothing very hot, and make free use of stewed prunes for a fortnight.

LIVER COMPLAINT, WHICH THOUSANDS SUFFER FROM, SHOULD USE THIS.—Boil gently a quarter of a pound of stone brimstone in a quart of water, when cold bottle it, and take a wine-glassful twice a day—those subject to this complaint could have no better remedy; or, another active remedy for liver complaint is dandelion coffee, simply made from the dried root, roasted and ground, and used the same as coffee.

LIVER COMPLAINT.—Dandelion root 4 oz., crushed ginger 1 oz, colomba root $\frac{1}{4}$ oz., bruise and boil altogether in three pints of water till reduced to one pint, strain, a wine-glassful every four hours.

LONG-NECKED PEOPLE are generally long lived; short necked often subject to sudden death.

LUNGS.—The most perfect lace, or the fineness of the spider's web, cannot be compared to the network and nerves that compose the human lungs, so soon

damaged, and seldom or never to be repaired, arising from damp beds, exposure, colds, and negligence; when it should reach an inveterate cough from these causes the best healing remedy will be found in equal parts of cod liver oil and syrup of horehound, two pennyworth of each, with one drachm of paregoric and the juice of a lemon, shake all well up, and take a table-spoonful twice a day.

LUNGS DISEASED.—**IMPORTANT.**—Iceland moss or seaweed, made into a jelly with boiling water, and sweetened with sugar candy, is good for diseased lungs; or, the free use of sugar is good for diseased lungs.

LUNGS.—The right lung suffers much oftener than the left. Plenty of fresh air is most important, and a quiet room to sleep in.

LUMBAGO.—Apply a poultice of crushed linseed on brown paper, which has a wonderful effect.

M

MAD DOG BITES.—To be bitten by a mad dog, the danger is four times greater if bitten in any other part than the leg. For the bite of a mad dog apply wet salt and soda immediately.

MAN.—A man weighing 150 lbs., 111 lbs. of that is water, 14 lbs. his skeleton, and the rest tissue, &c.

MANDRAKE given in chronic liver and bowel complaints. Its properties for exciting the liver to healthy action has few equals. It has been given successfully for incontinence of urine. A tea-spoonful of powder in treacle once or twice a day.

MARIGOLD PROPERTIES.—Marigold tea comforts the heart exceedingly.

MEASURES.—USEFUL TO REFER TO.—A tea-spoon holds about 1 fluid drachm. A dessert-spoon 2 drachms. A table-spoon 4 drachms or $\frac{1}{2}$ oz., and an ordinary wine-glass about 2 oz.

MEMORY (IMPAIRED).—Medicine has only an indirect effect in this complaint, in so far as a sound body compels a sound mind. Any condition of ill-health should be corrected. Sometimes a change of occupation, or proper exercise, or giving up improper habits such as drinking, or heavy smoking will do more good than taking pints of medicine.

MILK PROPERTIES.—Milk, when boiled, loses its sweetness, but has a most beneficial influence over mind and body, whether exhausted by labour or mental strain. Asses' milk comes the nearest to human milk of any other, and will sustain life for an indefinite period.

MOLES should either be left alone or entirely removed by a surgical operation. Half measures are often dangerous.

MOTHS.—Soak blotting paper in equal parts of oil of camphor and spirits of turpentine, and lay the paper among the furs or clothing.

MORTIFICATION.—Poultice with flour and marshmallow water, sweetened well with brown candy, to which add a little yeast.

MORTIFICATION.—For mortification, dust the part with lump sugar or a little blue stone.

MOUTH SORE.—For a sore mouth apply the white of an egg, beaten in vinegar and lump sugar.

MUMPS.—There is seldom much to apprehend from this disease, though it is generally infectious. Keep the head and face warm, and guard against taking cold. Should the tumour in the neck suddenly disappear, its return must be promoted by warm fomentations. To abate the fever take of nitrate of potass 1 drachm, tartarised antimony $1\frac{1}{2}$ grains. Mix together, divide into six powders, one to be taken every four hours.

MUSTARD PLASTERS.—In making a mustard plaster, mix the mustard with the white of an egg, instead of water, which will not blister the most tender skin.

MUSHROOMS.—The nutritious and wholesome qualities of mushrooms most nearly approach that of animal food, and deserves a far wider cultivation than it has hitherto met with.

MUTTON SUET.—**THE VALUE OF.**—One drop of warm mutton suet applied to any sore at night, just before retiring, will soon cause it to disappear; the same for chapped hands or parched lips. If people only knew the value of the healing properties of so simple a thing no housekeeper would be without it. For cuts or bruises it is almost indispensable. Keep the wound clean, and put a little suet, melted, on a rag, and you will be astonished to see how soon the sore will heal.

N

NAILS.—Under the nails of the toes, if neglected, some have found a very small insect, where it can lay its eggs, and multiply to that degree that it is sometimes attended with fatal consequences.

NERVOUS DEBILITY.—Nervous debility and palpitation is greatly relieved by mixing 2 drachms of chloric ether, 2 drachms of tincture of gentian, 2 drachms of sal volatile, 2 grains of iodide of potassium, add half-pint of cold water (first boiled), take a table-spoonful three times a day. As a stimulant it has no equal.

NERVOUSNESS.—Persons of weak nerves should use no coffee, and very little tea.

NERVOUSNESS.—Nervous people will find that sage and thyme, used as tea, will give them relief.

NEURALGIA.—WHY SUFFER SUCH DREADFUL PAIN?—The simplest and best remedy for neuralgia is to wear well pounded brimstone on the sole of the foot contrary to the pain side; or, cayenne, sprinkled on hot flannels, affords instant relief to persons troubled with neuralgia; or, very hot hops applied in a bag. Try it at once.

NIGHTMARE.—The best remedy for the fearful complaint, nightmare, is the herb thyme, used in the manner of tea.

NEW MILK is both a body warmer and flesh former, and contains everything the body requires. To use a little fruit with it is very beneficial, digests in two hours.



OATMEAL.—Oatmeal in the form of porridge for breakfast, is one of the most nutritive diets that can be given. Owing to the bone forming elements it contains, it is especially adapted for young persons.

OAK.—A decoction made from the oak is good to use as a wash for offensive ulcers, putrid sore throats, bleeding piles, and bloody flux.

OINTMENT.—For softening the skin mix five ounces of olive oil with two ounces of white wax, scraped.

OINTMENT.—The best ointment is made from cream buried a day or two in a cloth in the garden.

OVER-HEATING an animal by driving it too fast affords no wholesome nourishment if killed in its feverish condition.

P

PAINS IN THE BACK.—For pains in the back, take from fifteen to twenty drops of oil of turpentine in a little peppermint; or flannels wrung out in hot water and sprinkled with turpentine and applied give immediate relief.

PAINS.—By applying a bag of hot moist bran gives relief, and soothing relief.

PASSION BREEDS DISEASE.—Passion is a stranger to reason.

PALPITATION.—When very troublesome, take 8 drops of oil of carraway on a little lump sugar, and use the stairs or steps as little as possible.

PALPITATION.—A drink of cold water with a pinch of salt in it is good for palpitation.

PEA MEAL PROPERTIES.—Pea meal and treacle. The virtues of this for diet for all ages cannot be too

highly recommended for its nutritious nerve strengthening qualities.

PEAS SPLIT, PROPERTIES.—One pound of split peas is equal to three pounds of butchers' meat.

PELLITORY.—A plant much used for stone, gravel, and diseases of the urinary organs. One ounce to a pint of water, boil 15 minutes. Half a tea-cupful three times a day.

PERSPIRATION.—Ten drops of the tincture of belladonna in water three times a day, will often arrest or greatly diminish profuse perspiration.

PERSPIRING FEET.—If the feet perspire, add a few drops of ammonia to the water when bathing them, and bathe them often. The unpleasant odour from perspiring feet may be prevented by sprinkling oatmeal in the socks, as used in the army; or, sprinkle bran in the socks frequently. Try either with good effect.

PILES.—One of the very best remedies for piles is to apply gall ointment at night, and take one tea-spoonful of electuary of senna same time. This, if followed up, expect good results.

PILES.—Pile ointment should be made from 2 oz. of lard, 1 pennyworth of opium, $\frac{1}{2}$ oz. of gall; these mix and apply night and morning for a cure.

PILLS, IF USED TOO FREELY.—Too many pills injure health, and too much doctors' physic often brings patients down to a shadow, whilst some simple remedy will very often make wonderful cures; but not being generally known what that simple remedy is, by consulting this book it is soon discovered.

PILLS OF GREAT VALUE.—The best pills in use are made from equal parts of bitter aloes, Turkish Rhubarb, and senna leaves, dried in the oven and rubbed to powder; these to be mixed in a little whisky to form a paste.

PILLS (so extensively advertised).—Aloes 36 grains, jalap 18 grains, ginger 18 grains, myrrh 18 grains, all in fine powder, mix and make into pills. A useful pill yet providence has amply provided for our use, common and safe herbs for most complaints, besides pure air and water.

PILLOWS—The most wholesome pillow is made from cuts of unprinted paper.

PIMPLES are often caused by excessive eating or drinking, which the liver objects to.

PIMPLES.—Every blotch or pimple speedily disappears by taking a little flour of sulphur before breakfast.

PIMPERNEL.—Is a very valuable plant to use for running ulcers, bites of venomous snakes, dogs and other animals, and wounds of all kinds. Poultice the wounds with the herb and drink half a tea-cupful of the boiled liquor three or four times a day.

PLEURISY.—Pleurisy is cured by the use of elder flowers in the manner of tea; or, take seven drops of laudanum in a little cold water on going to bed. If the pain is violent apply a hot fomentation of cayenne tea for half an hour at a time, and then a cloth wrung out of the liquor, and a dry one bound on the top.

POISON.—If you have swallowed poison of any kind, drink instantly half a glass of cool water into which a

heaping tea-spoonful each of common salt and mustard has been stirred.

POTATOES AND WATER.—In one pound of potatoes there are fourteen ounces of water.

POULTICES.—**LINSEED POULTICE.**—Add the meal to boiling water with constant stirring, until sufficient has been added to form a thin and smooth dough, then spread quickly and evenly over a folded piece of linen.

SLIPPERY ELM POULTICE.—Powdered elm bark formed into a thin paste with boiling water makes a soothing application to abscesses, inflammation, bruises, &c.

BREAD POULTICE.—Useful in inflammation of any kind, soak bread in boiling water, strain, spread upon cloth, apply warm and renew often.

MUSTARD POULTICE.—Mix ground mustard with boiling water to the consistency of paste; spread on cloth or brown paper covered with thin muslin.

PROLONGED ILLNESS.—There should be two beds in a sick room, to change the patient from one to another, which brings needed sleep when other remedies have failed.

PSORIASIS.—Is an affection of the skin and nails, dependent upon blood disease. Bathe with good carbolic soap and take an infusion of buchu leaves. Pour 3 gills of boiling water on 1 oz. of leaves, when cold take a wine-glassful three times a day.

PURIFYING WATER.—A table-spoonful of pulverised alum sprinkled in a cistern of water (the water stirred at the same time) will, after a few hours, by precipitating to the bottom the impure article, so purify it

that it will be found to possess nearly all the freshness and clearness of spring water. A tea-spoonful of alum will purify four gallons.

Q

QUASSIA CHIPS.—Generally used in infusion, is a pure bitter stomatic and tonic, useful for dyspepsia and bilious fevers.

QUININE.—Scarcely any drug known is so valuable as quinine, yet the bark from the young twigs of the oak well dried answers as well—used in the manner of tea.

QUINSY.—Quinsy is cured by figs boiled in milk and hot water, with a little salamonica in it; this to be used as a gargle, and some of it drunk, which acts on the glands with wonderful effect.

R

RAIN WATER is the best for tea.

RATS, TO BANISH.—Rats are banished by laying cayenne in their holes, or chloride of lime is an infallible preventive.

RED NOSE.—A red nose when it does not result from drink, means a gouty tendency. No beer or stout, no pastry, and little sugar; promote circulation by salt water baths and regular exercise.

RED SAGE is a most valuable plant, used as a gargle for quinsy, relaxation of the ulva, and other throat diseases; good for nervous excitement, gripes in children, &c., &c.

RHEUMATISM.—A WELL-TRIED REMEDY.—For severe rheumatism.—It was agreed at a meeting of the chief medical doctors of London that 1 oz. of Peruvian bark, used to a pint of boiling water, and when cold take a wine-glassful three times a day, with 10 to 15 drops of oil of turpentine to each glass, gives positive relief in the worst cases.

RHEUMATISM.—Rheumatism is greatly relieved by wearing a wash leather over the afflicted part; or, common soda dissolved in hot water is one of the best cures for rheumatism, which has to be well rubbed on the afflicted part.

RHEUMATICS.—As a remedy for chronic rheumatism, try the famous “Chelsea Pensioner”—flour of sulphur 2 oz., cream of tartar 1 oz., powdered rhubarb 2 drachms, guiacum 1 drachm, clarified honey 1 lb., 1 nutmeg finely powdered. Mix. Two large table-spoonfuls to be taken night and morning.

RHEUMATICS.—Pains in the head or long bones may be cured by drinking the water in which celery has been slowly stewed, and is a safe and excellent remedy.

RHEUMATIC GOUT.—Hot water drunk frequently is a good cure for rheumatic gout.

RICE WHOLESOME.—Rice is the most wholesome grain used by man.

RINGWORMS.—Citrine ointment is a quick cure for ringworms; or, common soda dissolved in hot water and applied to ringworms cannot be too highly recommended; also, lime water from the gas works, used in the same manner.

ROMAN NOSE.—On selecting a good adviser and reliable friend look for the Roman nose and large hand.

ROSE-LEAVES, made into a decoction, are good used as a bath for sore eyes.

RUE.—The plant rue, steeped in gin, is good for elderly people to use.

S

ST. VITUS'S DANCE.—Mistletoe and scullcap, of each 1 oz., boil in a quart of water. Dose—a wine-glassful four times a day. Quinine wine, beaten up eggs and fresh milk, with complete brain rest, has also been successful in this complaint.

SALTS.—Salts used as an aperient greatly improves the vigour of mind.

SALVE FOR CUTS AND BURNS.—Take three carrots, grate them, place in a vessel and cover with fresh lard, simmer half-an-hour, strain, and add sufficient bees-wax to make a paste; this is a valuable ointment for cuts, burns, or wounds of any kind.

SARSAPARILLA.—Sarsaparilla cannot be too highly recommended as a spring medicine. A decoction composed of 2 oz. of sarsaparilla, 1 oz. of burdock root and 1 oz. of liquorice root to 1 quart of water, boil down to 1 pint in a closed vessel; boil over again when the first is cleared off and mix the two together. Dose—a wine-glassful four times a day. Is an excellent blood purifier.

SCALDS.—For scalds, place the part in lime water.

SCIATICA.—Sciatica is speedily relieved by two pennyworth of camphor, dissolved in a pint of boiling water; a wine-glassful to be taken three times a day.

SCORBUTIC.—Scorbutic or roughness of the skin is cured by 1 oz. of olive oil to 1 oz. of white wax melted in it. Mix, when near cold, with one pennyworth of white precipitate, and use as an ointment; or, scorbutic persons will find the free use of celery invaluable.

SCURVY.—Take fresh vegetables of every kind especially lemons. Sulphur and cream of tartar clear the blood. An ounce of the decoction of oak bark twice daily gives tone to the system.

SEA-SICKNESS.—Before going on board take a substantial meal, and on the voyage 1 tea-spoonful of the fluid extract of cocoa in a little water every one or two hours.

SEVERE SICKNESS.—The critical days to terminate a severe sickness are the 7th, 14th, 22nd, 28th, and 29th day. Death often takes place at the ebbing of the tide.

SHAVING.—An eruption on the face, after a visit to the barber, is sometimes cured by the use of sulphur soap. If this fails apply nightly an ointment of $\frac{1}{2}$ drachm of precipitated sulphur and 15 drops of creosote, in 1 oz. of lanolin. Wash off in the morning and apply French chalk.

SICK ROOMS.—To keep the air in a sick room very pure, wet a cloth in lime water and hang it in the room or rooms all over.

SICK CHAMBER.—Waving the chamber door of a sick room ventilates it instead of opening the window.

SICK CHAMBER.—On visiting a sick chamber chew a little ginger, which prevents contagion.

SICK PEOPLE.—Sick persons should never be asked what they will have to eat, but bring them something suitable and unexpected. The most delicate person will find great nourishment from half an ounce of isinglass boiled in half a pint of milk and sweetened to taste.

SICK ROOM (THE).—The nurse is the most important person in a sick room—strong enough to move her patient; quiet, orderly, not talkative, able to move lightly, kind and gentle, and yet to be decidedly firm. Whispering about the case, and creeping about on tip-toe, is decidedly objectionable, and never attempt to force a patient to eat.

SIGHT (DIM).—For dim sight, bathe the eyes with equal parts of vinegar, brandy, and cold water.

SKIN SPOTS.—For spots and blemishes on the skin, apply the juice of onions mixed with vinegar.

BENEFITS OF SLEEP.—Sleep should be sacred. It is a preventive of disease and a curative agent. No one who is sleeping should be aroused unless of necessity, and then it should be done as gently as possible. Serious injury to the nervous system is a liability attending awakening a person suddenly and roughly. The room should be clean and airy, and the bedding, while sufficiently warm, should be as light as possible. Insufficient sleep is one of the chief causes of insanity; and the idea that sleep is a waste of time is a great mistake.

SLEEPLESSNESS.—Sleepless nights are prevented by eating a few grapes before going to bed; or, by taking a

tea-spoonful of magnesia in a wine-glass of water on going to bed.

SLEEPLESSNESS.—Sleeplessness has been overcome, and refreshing sleep obtained when all other remedies have failed, by drinking hot water just before going to bed.

SLEEP AFTER MEALS.—Whoever adopts it ought to confine the indulgence to a short sleep of a few minutes.

SMALLPOX MASTERED.—Smallpox is mastered by one tea-spoonful of cream of tartar to each half-pint of hot water. Drink freely.

SORE MOUTH.—Take a tea-spoonful of the tincture of gum myrrh diluted with water and rinse the mouth three times a day.

SORES.—Marshmallow ointment cures the worst of sores.

SORROW.—The best remedy for sorrow is work.

SOUTHERNWOOD is used as tea to great advantage for female complaints.

SPASMS.—For windy spasms, drink hot ginger tea with a pinch of cayenne or carbonate of soda in it.

SPIDERS.—Spiders will not come where shelves are washed with borax.

SPIRIT DRINKING.—To remedy the effects of spirit drinking, take an ounce of cloves and steep them in a pint of boiling water for about six hours; strain the liquor and take a tea-cupful three or four times a day. This will relieve the rankling of the stomach, the sinking coldness and general anxiety which follows frequent excess and intoxication.

SPIT (DARK).—A dark spit is more a sign of bronchitis than consumption.

SPITTING.—For continued spitting, eat a few raisins occasionally.

SPITTING (CONSTANT).—Chew a little brown bread crust, or eat a few raisins.

SPRAINS.—The best remedy for a sprain is a bran and vinegar poultice.

SPRAINED ANKLE.—Immerse at once in a pail of hot water and keep it there for fifteen or twenty minutes. Bandage with cloths wrung from hot water and salt.

STARCH GLOSS (for the Laundry).—Spermacite 1 oz., gum arabic 1 oz., borax 1 oz., glycerine $2\frac{1}{2}$ oz., water $14\frac{1}{2}$ oz., add 3 tea-spoonfuls to each 4 oz. of starch.

STITCH IN THE SIDE.—For a stitch in the side apply treacle mixed with a very hot potato.

STOMACH COMPLAINTS may be overcome by the use of camomile tea.

STOMACH (DISORDERED).—The simplest remedy is salt and water.

STOUT persons, with short necks and florid countenances, should avoid too much animal food, wines, spirits, and especially malt liquors, excitement and hot rooms.

STOUT PERSONS.—For stout persons to keep down burdensome fat, use a wine-glassful of the best Hollands gin two or three times a week, and avoid the use of much bacon or bread; or, simply from 20 to 30

crushed nettle seeds, taken night and morning daily, is the best remedy for stout people, which will prevent burdensome fat surrounding the kidneys and stopping the heart. Tried with good results.

STOUTNESS.—Diet is the main treatment, avoid pork, carrots, potatoes, turnips, beetroot and parsnips. Dry toast is best at breakfast and tea, little sugar should be taken and only skimmed milk. Strong black coffee is an excellent antifat; take three cups in the day with a tea-spoonful of fresh infusion of digitalis in each.

STRAWBERRY makes the breath sweet and agreeable, and removes all tartar from the teeth.

SUN BURNS.—For sun burns, wash the face in sage tea, or cucumber water will cure the reddest face.

SUNSTROKE.—Exposure to the hot sun is sometimes dangerous even in this country. In the tropics a fatal result is common. A bladder of ice applied to the back of the neck is a quick and sure remedy.

SULPHUR BATHS GOOD FOR ITCH.—Travellers and others have much risk to run in having unclean sheets supplied to sleep in, the consequence is some skin disease, such as the itch, tantamount to ringworm, for which sulphur baths should be used immediately.

SWALLOWING.—By accident if a coin, button or other foreign body has been swallowed the person should be immediately put upon a diet consisting of potatoes, which contain a large proportion of material which resists the digestive juices; a coating is soon formed round the article, and by this means is prevented

from injuring the delicate organs through which it may pass. By adopting this simple precaution dangerous operations may often be avoided.

SWELLINGS.—Nothing is so good to take down swellings as a soft poultice of stewed white beans put on in a thin muslin bag, and renewed every hour or two.

STING OF A BEE.—May be relieved by applying a thick slice of raw onion. This should be renewed about every ten minutes until the pain is removed. The acid of the onion draws out the poison and prevents the injured parts from swelling.

T

TAN WATER applied will cure a saddle sore, or other sores horses are subject to.

TAPEWORMS.—The tapeworm alone will produce all the symptoms of every known disease, and are often the direct cause of consumption, fits, insanity, and death.

TAPEWORMS.—Tapeworms are killed in a grown-up person by first taking a little opening medicine, next fast for a day, or even two, then take a thimbleful of the oil of male fern in a table-spoonful of water before breakfast, and this repeat.

TAR makes a good disinfectant, but fresh ground coffee is superior.

TEETH WHITE.—To have teeth very white, clean them with charcoal mixed with honey.

TENDER FEET.—Wash with diluted vinegar, dry, and powder with boracic acid.

The commoner the plant the more it is intended for use, the more scarce varieties should not be used too freely.

THIRST.—For extreme thirst, drink a tumbler of cold water with a spoonful of vinegar in it.

The old monks and friars' recipe—who enjoyed the best of health, with such cheerful minds—was the use of **RICE** and **FRUIT** in preference to animal food of any kind. They lived to great ages, with a fresh complexion to the last.

THROAT SORE.—One of the best old remedies for sore throat is to roast a potato, then crack it, place it in a piece of flannel, and apply it very hot, when the steam from it will be found to have made a cure in one night; or, an obstinate sore throat is cured with a little alum dissolved in sage tea, sweetened with honey. Tried.

TOOTHACHE.—Try chewing the root of pellitory of Spain.

TOOTHACHE.—Toothache may be perfectly cured by placing a small piece of nutgall inside the hollow tooth. This entirely destroys the nerve of the tooth, which will never ache again. The nutgall can be had from any chemist. Take it out of the tooth and replace it after 1 hour; or, one of the simplest cures for toothache is 1 tea-spoonful of ground ginger and 1 of Epsom salts, taken in a tea-cupful of hot water.

TOOTHACHE, JUMPING.—Hot dry flannels, applied to the face and neck, is a sure remedy for “jumping toothache.”

TOOTH POWDER.—A good tooth powder is made from the following : Powdered Peruvian bark $\frac{1}{2}$ oz., powdered myrrh $\frac{1}{4}$ oz., camphor 1 drachm, prepared chalk 1 oz.

TOOTH POWDER.—The best tooth powder is burnt bread rolled to dust.

TO DRINK immediately before a meal is a practice not to be recommended, because it stretches the stomach, and makes it less fit for performing its office ; to drink much during a meal is also objectionable.

TO DESTROY INSECTS ON PLANTS.—Tie some flour of sulphur in a piece of fine muslin and dust the young shoots of plants with it. Sulphur has a powerful influence against the whole tribe of insects and worms which prey on vegetables. Sulphur also promotes the health of plants when sprinkled.

TUMOURS.—Poultice with roasted onions, with good effect.

TURPENTINE.—Should be kept in every house, for its uses are numerous. A few drops sprinkled where cockroaches congregate will exterminate them at once, also ants, red or black, moths will also flee from the the odour of it.

TYPHUS FEVER.—for typhus fever, mix together 3 drachms of liquid acetate of ammonia, 2 drachms of syrup of ginger, 1 oz. of cinnamon water, and 30 drops of laudanum. This draught to be given early in the evening, when the most beneficial effects will result to the patient, who can procure sleep by no other means.

U

UNHEALTHY HOUSES.—Form a fertile cause of disease, and surely this is a preventible cause. When we

are overcrowded, up goes the death-rate. When drains are defective, up goes the death-rate from another cause, chiefly typhoid fever. Little children die in great numbers from preventible causes. If the same amount of money, energy, and skill were used in preventing disease as there is in curing disease a lasting blessing would be conferred on the community.

UNICORN ROOT.—Is good for female weakness, pains in the breast and sides, and nervous disorders. Dose a tea-spoonful of powder in half a tea-cupful of hot water three times a day.

ULCERS.—For ulcers, piles, or smallpox use the root of the plant tormentil. Take 1 oz. of the root, bruised or in powder, to 1 pint of boiling water. Take a tea-cupful as warm as convenient three or four times a day. It also makes a good wash for the sores.

ULCERATED THROATS.—Ulcerated throats are cured by 1 drachm of tincture of steel and 1 drachm of chlorate of potash to 10 oz. of water, to be used as a gargle.

ULCERATED STOMACH.—There need be no better remedy than black treacle and yeast, used in equal parts, and outwardly a little goose-grease same time.

URINE OBSTRUCTION.—Drink freely of warm lemonade and dandelion tea mixed in equal quantities; for incontinence of urine, use a drink made from isinglass only.

V

VALERIAN ROOT.—Is useful in all cases of nervous debility, spasmodic complaints, and hysteria. Three gills of

boiling water poured on an ounce of powder, clear.
Dose a wine-glassful three times a day.

VERMIN (TO KILL) OF ANY DESCRIPTION.—Wash with a decoction of featherfew, and add a table-spoonful of ground alum to each pint of water—the constant use of goat's milk, or even the too free use of oatmeal, breeds them in abundance, pointing to want of variety in diet—or rub the parts affected with white precipitate ointment, if obstinate use blue ointment, to be obtained from any chemist.

W

WARTS.—The juice from the stem of the elder will soon cure a wart, or rub occasionally with castor oil.

WATER OVER BOILED makes poor tea; makes many people ill from the quantity of iron and dregs left in the kettle.

WATER, BOIL BEFORE DRINKING.—All water, before drinking, should be boiled, as it swarms with millions of creatures of every conceivable form of life.

WATER IMPURE.—A young man, continually subject to diarrhœa, discovered it to be caused by drinking cold water during the night out of a wooden bowl, inside which, when examined, some white lines were found, and these lines proved to be a tribe of insects, or animalculæ, deposited by the water and wood, and this was the cause of his illness.

WATER FOR MEDICAL USE.—Buxton water is excellent, and will cure almost any hopeless case by its free use. Harrogate water cures disorders of the very worst kind, such as requires perseverance to deal

with—ulcers, eczema, scrofula, obstructions, bilious disorders, piles, worms, &c.; almost any obstinate disease gives way by its free use.

WATER HOT, ITS PROPERTIES.—Hot water, drunk as hot as a person can bear it, is one of the finest stimulants and most powerful restoratives in the world.

WATERCRESS.—Watercress can never be praised too much for those in failing health, but should never be used before well washing it in salt and water, so as to kill all insects which infest it and lay their spawn under the leaves.

WIND and floating objects before the eyes are troublesome complaints, for which Gregory's powder is infallible. To be obtained from any chemist.

WINDS (NORH-EAST) have a very trying effect on all ages, especially those advanced in years; when these winds prevail, simply make free use of toast and water, drunk very hot, sweetened well with brown candy, which acts on the lungs.

WINDOW PLANTS.—Window plants should be sprinkled with cold tea, which keeps the soil free from worms.

WOOD BETONY is one of the most valuable plants grown in Great Britain. Antonius Musa, an Italian physician, filled a whole volume in praise of its virtues, stating it as a remedy for no less than forty-seven disorders. It is certainly an excellent herb for those distracted with pain in the head, dizziness, agues, palsy, colic, and all nervous complaints. It is used in the manner of tea, 1 oz. to a pint of boiling water, cool and clear; take a tea-cupful three times a day.

WOOD LICE.—For wood lice in damp kitchens sprinkle borax.

WORMS PRODUCED.—**CAUTION.**—The fish mackerel, if eaten too frequent, produces thread worms in abundance.

WORMS, TO DESTROY.—Twenty drops of oil of turpentine taken in a table-spoonful of water before breakfast for several mornings is a quick destroyer of worms. Children should be given from four to six drops in a little milk, with two or three drops of essence of peppermint.

WORMWOOD USEFUL.—To place amongst furs or clothing, to destroy or prevent moths.



YARROW, ITS USEFUL PROPERTIES.—Yarrow is of great value to use in the manner of tea in the first stages of any disease; by its prompt use it will remove obstructions, colds, fevers, inflammation, pleurisy, spitting or vomiting of blood, piles, female weakness, bowel complaint, &c.

YELLOW DOCK, made and used in the manner of tea, acts on the bowels like rhubarb, and is good for most diseases of the skin.



THESE WILL BE FOUND A MOTHER'S FRIEND.

AROMATIC SPIRITS OF AMMONIA.—Ten or fifteen drops in water may be given to a baby who cries persistently with colic, half a tea-spoonful will relieve cramp in an older child. It is a better stimulant for children than alcohol and may be given in any colic complaint.

BAY SALT.—Bathing the limbs once or twice a day with bay salt and water, and rubbing them briskly, will strengthen a weakly child and often prevent deformity.

BOWELS DISORDERED.—Black currant tea is invaluable for bowel complaint, especially for children.

CHILDBIRTH.—For the first two days after childbirth it is best to keep to gruel, weak tea and toast, boiled bread and milk, on the third day eggs and beef tea, on the fourth and fifth fish and fowl, and roast meats on the sixth day. The over-cautious starvation method is likely to do harm.

CHILDBIRTH.—Raspberry leaf tea is invaluable to mothers previous to childbirth, or for weak stomachs.

CHILDBIRTH.—For weakness after childbirth London stout is a very good medicine, and a tea-spoonful of steel wine after meals would greatly help.

CROUP.—Give a tea-spoonful of goose-grease three times a day.

CROSS CHILD.—For a cross child, give it one tea-spoonful of dill water and one of lime water in a little milk, which quickly soothes it; or, $\frac{1}{2}$ oz. of ground ginger, $\frac{1}{2}$ oz. of magnesia, and $\frac{1}{4}$ oz. of Turkey rhubarb, mixed in cold water; give 1 tea-spoonful as required.

DELICATE CHILDREN.—For delicate children, or if threatened with consumption, the free use of Iceland moss made into a jelly is invaluable. To make the jelly take 4 oz. of the moss to a quart of water, boil to $\frac{1}{2}$ pint, strain and add 4 oz. of white sugar. Dose a tea-cupful frequently during the day.

DELICATE CHILDREN.—For delicate children with a naturally dry skin there is no better way of giving necessary nourishment for the skin than by rubbing every portion of the body with olive oil by the hand.

DIET.—Children should never use tea until eleven years of age; milk, or milk and meal porridge, is the proper breakfast for children, and water their drink at all times, and for all young people.

DIET.—The more simple children's diet, the more they thrive.

FEAR.—Children should never be taken to funerals, nor to sights that cause a sense of fear and dread, combined with great grief. It should be a rule with grown-up persons never to subject children to mental shocks or unnecessary grief, such as sights which call forth pain or agony in man or in the lower animals.

FEMALE COMPLAINTS.—Centaury is a most valuable herb to use for female complaints, to be drunk as tea.

FEVER IN CHILDREN.—Sweet spirits of nitre reduces fever and causes perspiration ; put a tea-spoonful in half a glass of cold water, and let the child drink it at intervals. Valuable in a feverish cold.

GIVING CHILDREN MEDICINE.—Before (not after) you give a child medicine, always let it suck, for a minute or two, a peppermint lozenge or a piece of orange peel ; the physic, however nauseous, will not then be tasted.

HEALTHY CHILDREN.—To have rosy children, give them plenty of apples and scalded milk. Worth the highest recommendation.

INFLAMMATION.—More children die in their infancy from *inflammation of the lungs* than from any other complaint. Great care should, therefore, be taken not to expose an infant suddenly from a warm room to the cold air, nor to cold winds, to draughts, nor any extremes of heat and cold.

LIME WATER.—A little lime water given to children in milk cannot be too highly recommended, as it strengthens the bone exceedingly.

MEASLES.—Measles are carried safely over by the free use of lemon or saffron water sweetened to taste.

NETTLE RASH.—Nettle rash is cured by rubbing the part well with parsley.

NIPPLES SORE.—The best thing for sore nipples is to bathe them frequently in a weak solution of *burnt alum* in water. The nipples should always be kept dry and clean. No ointment to be used.

NURSING.—With persons who are very ill the vital forces are at their lowest from two o'clock to five in the morning, and they should then be given some nourishment, and if cold, a hot water bottle put to the feet and light warm covering to be added.

OYSTER SHELLS.—Ground oyster shells given in food were prescribed in olden time by men who derived their knowledge by experience for goitrous, rickety and scrofulous children. A recent communication sent to the Academy of Medicine in Paris by two members of the Medical Profession says they were right, and state that the constituents of oyster shells are invaluable for feeble children.

RASH.—During teething a rash will sometimes break out on the face or head, sometimes behind the ears; never apply any lotion to them, which is dangerous.

RICKETS and hump backs is a disease peculiar to children, resulting from foul air, damp, cold rooms, want of sunlight, exercise or cleanliness. Ablutions is a very important preventive.

SORE THROATS. Mothers, always beware of a sore throat when either yourself or your child has one, for a *sore throat* is the usual *starting* point of many dangerous diseases.

TEETHING.—Teething is a grievous time of trial for most infants. But the child which has not been over-fed, and whose blood has been kept cool by simply taking its natural food, milk, will now receive the rewarding benefit, and will, without danger or much inconvenience, *cut its teeth*, while those babies which have imprudently been stuffed with gravies, pieces of meat, cordials, &c., or have been over-fed, will now greatly suffer, and may, by the indiscretion, perhaps lose their lives.

TEETHING.—On children cutting their teeth, nothing answers better than rubbing their gums several times with syrup of poppies. If this is not the famous American recipe, it answers the same.

THRUSH generally follows chronic diarrhœa, and is caused by sour milk. Dreading the pain in its tender mouth the child soon refuses food. Bread jelly is the best diet. Boil 1 oz. of agrimony in 3 gills of water and give freely. Rub the tongue with equal parts of borax and honey. Or, strange but true, simply burn a little scarlet cloth to ashes and blow them into the mouth, which seldom fails to cure.

THE HINDOO MOTHERS THE FIRST TO MAKE THIS DISCOVERY.—Previous to a child being born, the mother is anxious to know its sex, and this may be known thus—if the child born next before had peaked hair in the neck it will be a boy, but if straight hair it will be a girl.

THE EFFECT OF WORMS.—Many children become emaciated and die from the effect of worms, without the cause having been suspected, the worms fattening whilst the child starves.

THE EXCELLENCE OF MARIGOLD TEA.—Marigold tea is of great value for palpitation, hysteria, female obstructions, measles, and ulcers; it will heal any sore or wound quickly; used inwardly or outwardly.

VACCINATING.—IMPORTANT.—When vaccinating has to take place let it be done at six weeks old; one teaspoonful of castor oil given before and after will carry it safely over. Vaccination has been a means of spreading dangerous and incurable diseases.

WEANING.—On weaning a child, nothing answers it so well as tapioca. Try it.

WHOOPING COUGH.—Whooping cough is quickly overcome by mixing equal parts of castor oil and syrup of rhubarb; 1 tea-spoonful to be given three times a day. Try it.

WORMS CREATED BY.—IMPORTANT.—Too many potatoes, or butcher's meat, or milk not scalded, creates endless worms in children.

WORM POWDER.—Senna leaves dried in the oven, next rubbed to powder, is what is sold for worm powder.



GOOD WORDS.

AMIDST prosperous circumstances, flowing according to our desire, let us with great exertion avoid pride.

A MAN of vast reading, without conversation, is like a miser who lives only for himself.

HE is young enough who has health, and he is rich enough who has no debts.

GOOD health is more pleasing to those who have recovered from a dangerous illness than to those who have never been sick.

HANDS.—The heart and brain have more influence over the left hand than the right.

HORSES, like children, are born with characters. Patience and gentleness leave a lasting impression.

I NEVER considered that money, or magnificent houses, or power, or those pleasures to which mankind are mostly attached, were to be reckoned in the number of things really good and desirable; because I saw that those persons, whilst these possessions were flowing about them, desired, notwithstanding, those things in which they chiefly abounded: for the thirst of their covetousness is never quenched nor satisfied; nor are they who possess those things only tormented by their desire of increasing, but also by their fear of losing them.

It is of great consequence what persons every child hears daily at home, and with whom he converses from a boy ; in what manner fathers, masters, and even mothers speak.

It is the mark of a brave man not to be disturbed in adversity.

LAUGHTER.—The loud laugh proclaims a vacant mind, and a most unreliable person.

MANY a boy's career at school has been blasted by a master who has obstinately refused to understand him.

NATURE herself daily admonishes us how few, how little, how common things she wants.

No art, no hand, no workman can, by imitating, come up to the skill of nature.

THE greatest and most certain riches are to be content with our own circumstances.

WHEN we have looked upon the sky and contemplated the heavenly bodies, what can be so evident, so clear, as that there is some deity of most superior intelligence by whom these things are regulated ?

YOUR good-will towards me, and mine towards you, are equal.



At the request of numerous correspondents who have some difficulty in obtaining all the Herbs and Roots recommended in this book, they can now be forwarded direct from F. FRAY, 47, DURHAM STREET, HULL, at the following prices:—

	Per oz.	Pulv.		Per oz.	Pulv.
Agrimony	1½	2½	Lady's Slipper ...	3	4
Aniseeds ...	1½		Liquorice ...	1	1½
Ash Leaves ...	1		Lobelia ...	3	4
Avens ...	1		Male Fern ...	2	3
Bayberry Bark ...	1½	2½	Mandrake ...	3	4
Black Bryony ...	2½		Marshmallow ...	2	3
Blood Root ...	2	3	Marigold F. ...	2½	
Boxwood ...	2		Meadow Sweet ...	2	
Broom ...	1	2	Mistletoe ...	2	
Buchu Leaves ...	1½		Mullein ...	1½	
Burdock Root ...	1½	2½	Myrrh, Gum ...		
Camomile F. ...	2		Nettle Seeds ...	3	
Carraway ...	1	2	Oak ...	1½	
Cayenne ...	3		Orris Root ...	2	3
Centaury ...	1½		Pellitory ...	2	
Cinnamon ...			„ of Spain ...	3	
Clover Flowers (Red) ...	2		Pennyroyal ...	1	
Cloves ...			Peruvian Bark ...	3	4
Colomba Root ...	2	3	Pimpernel ...	1½	
Coltsfoot ...	1		Poppy Heads ...	1½	
Comfrey Leaves ...	1		Purging Flax ...	2	
„ Root ...	2	3	Quassia ...	1	
Composition ...	3		Queen of the Meadow ...	2½	
Dandelion Root ...	1	1½	Raspberry Leaves ...	2	
Elder Flowers ...	2½		Rosemary ...	1½	
Eyebright ...	1½		Rue	1½	
Featherfew ...	1½		Saffron ...		
Garlic ...	1½		Sage (Wild) ...	1½	
Gentian ...	1	2	„ Red ...	1½	
Gold Thread Root ...	6		Sarsaparilla ...	3½	
Golden Rod ...	1½		Scullcap ...	3	4
Golden Seal ...	3	4	Slippery Elm ...	1½	2½
Grains of Paradise ...	1½		Southernwood ...	1½	
Ground Ivy ...	1½		Sumach Berries ...	2	
Guaiacum Chips ...	1½		Tormentil Root ...	1½	2½
Hops (English) ...			Thyme ...	1	
Horehound ...	1		Unicorn Root ...	3	4
„ (Black) ...	1½		Valerian Root ...	2	3
Hyssop ...	1½		Wormwood ...	1	2
Iceland Moss ...	1½		„ Seeds ...	2	
Isinglass ...			Yarrow (Pink Flower) ...	1½	2
Juniper Berries ...	1		Yellow Dock ...	1½	2

Other Herbs and Roots not mentioned in this list can be obtained and forwarded to any address in the United Kingdom at the following rates:—

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